

THROWING CONTINGENT LEAD NUMBER OF MEDALS WON BY VALLEY ROYAL MEMBERS AT BC HIGH SCHOOL TRACK AND FIELD CHAMPIONSHIPS

Two gold medals by Vik Gondara was the leader of gold medals won by Valley Royals athletes that competed this past week at the BC High School Track and Field Championships held in Langley.

Gondara wound up his career as a high school athlete by winning gold medals in the senior boys' discus (47.64m) and hammer throw (62.43m). It was the culmination of a spectacular career in his specialty the hammer throw, an event that Gondara has dominated for the past four years. While in grade 9 and then 10, Gondara won the junior division of his specialty and for the past two years he was the gold medalist in the senior division.

Rowan Hamilton (Sardis) placed second to Gondara in the discus (46.49m) and then in the last event of the meet the versatile athlete, along with Daniel James, ran legs on the Sardis 4x400m relay team that won the bronze medal.

Greg Poirier added to the throwers gold medal count as the Robert Bateman athlete placed first in the senior boys shot put with a toss of 14.54 meters. In the same event fellow athlete Cameron Lobban was sixth (12.22m).

Alexa Porpaczy won the senior girls' high jump with a leap of 1.80 meters a performance that was just 2cm shy of the 1.82 meter BC High School record established by Alex Treasure in 2008. However, as she is just in grade 11 at White Rock's Semiahmoo High School, Porpaczy has one more provincial meet left in which to secure the record.

Michael Lambert was a silver medalist in the senior boy's high jump event as he cleared the bar at 1.95 meters.

Three other club athletes placed in the top eight finishers of their events. Cassidy Hutchison was sixth in the junior girl's 800 meters (2:22.00) while sister Marley placed sixth in the senior girls 100 meter hurdles (17.15) and 400m hurdles (68.30). Harrison Trustham placed fourth in both the junior boy's 300m hurdles (47.54) and 100 meter hurdles (15.04).

Next weekend many of the Valley Royal athletes will compete in the Jesse Bent meet to be held at Coquitlam's Towne Centre Track.